



HEALTH4EUkids

Your Kids' Health, Our Priority



Best Practices in action: how to transfer, implement, and sustain effective health promotion interventions for children (0-12)

Relevance

Over the past thirty years, there has been a global increase in childhood overweight and obesity, affecting approximately 170 million children.

Childhood obesity is associated with serious health consequences, including an increased risk of non-communicable diseases (NCDs) in adulthood. Preventing childhood obesity is complex and requires coordinated actions across multiple settings—including schools, communities, agricultural, food, and urban policies—and the involvement of multiple stakeholders. Interventions must begin as early as pregnancy and early childhood, with health promotion actions integrated into broader strategies aimed at preventing the main risk factors for NCDs.

The Joint Action (JA) [Health4EUKids](#) aims to promote health and prevent childhood obesity through the implementation of two best practices, *Grünau Moves* and *Smart Family*, taking into account specific risk factors identified by previous research on childhood obesity conducted within earlier JAs and European projects.

Aims

This modular *capacity-building* program was developed within Work Package 4 of the JA Health4EUKids. Its goal is to share findings and actions that support the transferability, sustainability, and scalability of the two best practices in various European contexts, following a public health approach. The program aims to encourage intersectoral collaboration and active stakeholder engagement, analyze cultural, environmental, and political factors that influence the effectiveness of the practices, and provide concrete recommendations to support their adaptation and implementation.

Specific Objectives

By the end of the course, participants will be able to:

1. Describe the key concepts of transferability, sustainability, and scalability in the context of childhood obesity.
2. Describe the best practices *Grünau Moves* and *Smart Family*, and their contribution to promoting effective public health interventions.
3. Identify key stakeholders involved in implementation at different levels (national, sub-national, local).
4. Identify barriers and enabling factors that contribute to the successful implementation of the two best practices, *Grünau Moves* and *Smart Family*.
5. Describe recommendations for local-level implementation.
6. Identify key components for the transferability, sustainability, and scalability of *Grünau Moves* and/or *Smart Family* in their own context.

Target

This *capacity-building* program is intended for professionals in the health, social, and educational sectors who are involved in promoting child health and responsive parenting. It also targets national, regional, and local interest groups, policymakers, and authorities interested in the implementation of best practices, as well as students in health, social, and educational professions.

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AGENDA

Introduction to the *capacity-building* program

Presentation of Italian National Institute of Health

Chiara Cattaneo

Welcome to the *capacity building* program

Angela Giusti

MODULE 1 – Transferability and sustainability of Best Practices in health promotion and childhood obesity prevention

Session 1.1 – Transferability and sustainability: an overview across EU Joint Actions and other initiatives

Unit 1.1.1 – Joint Action on CVDs and diabetes – JACARDI

Benedetta Armocida

Unit 1.1.2 – Sustainability of the Joint Action *Chrodis+*: Main results and lessons learnt

Paolo Michelutti

Unit 1.1.3 – JA *Prevent NCD* - WP4 Sustainability

Leopold Vandeviel

Unit 1.1.4 – Inequalities and Social Determinants in Public Health

Caroline Costongs

Session 1.2 – Health4EUkids: Overview of the context for supporting Best Practice implementation

Unit 1.2.1 – Data overview from EU survey on policies and programs on childhood obesity and responsive parenthood

Vincenza Di Stefano

Unit 1.2.1 – Data overview from SWOT Analysis on transferability, sustainability and scalability

Vittorio Palermo

Unit 1.2.3 – Report on the Delphi process concerning the sustainability of the best practices *Grünau Moves* and *Smart Family*

edited by Paolo Michelutti, Vittorio Palermo, Paola Scardetta, Annachiara Di Nolfi, Vincenza Di Stefano, Francesca Zambri, Angela Giusti, Chiara Cattaneo

Session 1.3 – The perspective of stakeholders and experts on the transferability, scalability, and sustainability of Joint Actions and best practices

Unit 1.3.1 – Stakeholder consultation report: transferability, scalability, and sustainability of best practices

edited by Annachiara Di Nolfi, Vittorio Palermo, Paola Scardetta, Vincenza Di Stefano, Francesca Zambri, Angela Giusti, Chiara Cattaneo

Unit 1.3.2 – Discussion on transferability, scalability, and sustainability from the 17th EUPHA pre-conference session

edited by Annachiara Di Nolfi, Vittorio Palermo, Paola Scardetta, Vincenza Di Stefano, Francesca Zambri, Angela Giusti, Chiara Cattaneo

MODULE 2 – Grünau Moves: a Best Practice to promote health and prevent obesity in children

Session 2.1 – Grünau Moves: general overview

Unità 2.1.1 – The original Best Practice

Ulrike Igel, Fin Kasten

Unità 2.1.2 – How Grünau Moves has been transferred in Health4EUkids

Marta Garcia Sierra

Session 2.2 – Grünau Moves: planning the intervention

Unità 2.2.1 – Selection of the intervention area: a contribution from Portugal

Leonor Quelhas Pinto

Unità 2.2.2a – Building Community partnership for health at Polígono Sur (Sevilla, Spain)

Pablo García Cubillana, Guadalupe Longo Abril, Rafael Rodríguez Acuña

Unità 2.2.2b – Establish the Core Group and Health Network from scratch: challenges and opportunities

Joan Parades Carbonell, Luz Iranzo Pérez, Belén Sáez Esparza

Session 2.3 – Grünau Moves: conducting the needs assessment and health assets map

Unità 2.3.1a – Participatory tools and methods – Group Model Building e Photovoice

Jessie Van Kerckhove

Unità 2.3.1b – Participatory tools and methods – Living Healthy Tool

Carolina Muñoz Ibáñez

Session 2.4 – Grünau Moves: co-design a local action program

Unità 2.4.1a – A Hungarian case study

Erika Antalné Petrovics, Rita Simich

Unità 2.4.1b – Local action programs: case studies in Valencia

Javier Isaac Lera Torres, Maria Jesus Cabero Perez, David Cantarero Prieto, Oliver Ramos Alvarez, Paloma Lanza Leon, Marina Barreda Gutierrez

Session 2.5 - Grünau Moves: examples of local actions

Unità 2.5.1 – Stakeholder engagement & Community capacity building

Jaime Jiménez Pernet, Olga Leralta Piñán, Amparo Lupiañez Castillo, Silvia Toro Cárdenas

Unità 2.5.2a – Programmatic intervention in Greece based on needs assessment and local determinants

Eleni Papachatz, George Karydas

Unità 2.5.2b – Programmatic intervention in Malta

Sharon Vella

Unità 2.5.2c – Programmatic intervention: school-based action in the Balearic Island

Trinidad Planas

Unità 2.5.3a – Structural intervention in Galicia

Carolina Muñoz Ibáñez

Unità 2.5.3b – Structural interventions: a School Garden experience

Liliana Castro, Cintia Sancanuto

Session 2.6 - Grünau Moves: sustainability

Unità 2.6.1 – Sustainability of the intervention: Basque Country region experience

Inés Urieta Guijarro

MODULE 3 – Smart Family: a Best Practice to support and empower families in promoting well-being and healthy lifestyle

Session 3.1 – Smart Family: general overview

Unità 3.1.1 – The Best Practice Smart Family from Finland

Taina Sainio

Unità 3.1.2 – How Smart Family has been transferred in Health4EUkids

Heli Kuusipalo, Nella Savolainen

Session 3.2 – Pre-implementation phase of Smart Family

Unità 3.2.1 – Baseline situation by using SWOT and Scope analysis - experiences from Greece

Emmanuella Magriplis

Unità 3.2.2 – A tool for implementation: pilot action plan in Eivissa, Balearic Island, Spain

Maria Ramos Monserrat

Session 3.3 – Implementation phase of Smart family

Unità 3.3.1 – Implementing actions in Croatia

Maja Lang Morović

Unità 3.3.2 – Implementing actions in Poland

Agata Szymczak

Session 3.4 – Post-implementation phase of Smart family

Unità 3.4.1 – Policy dialogue with stakeholders to support further implementation in Slovenia

Martina Mutter

Unità 3.4.2 – Lessons learnt and plans for the future in Kaunas city

Tautvydas Lukavičius

Lecturers

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